



# Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

Minimum requirements are based on age, gender and achievement number.

Cadet Name:		Date:	
Current Grade:		President's Challenge: 75th percentile	

SPAATZ AWARD													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	29	30	33	34	36	40	34	36	38	41	39	40
	P. 24 Curl Ups (60 sec)	47	50	52	53	51	51	41	42	43	44	41	40
	P.25 Push Ups (1 every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (Minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest   CPFT Testing Officer:													